

RACE / WALK BRIEFING



Caritas
MALTA



**ST. PATRICK'S
ATHLETIC CLUB**

FOUNDED 1962




SPORTMALTA

Event Details:

 **Date:** 22nd October 2023


 **Location:** San Blas Therapeutic Community, Żebbug, Malta. Find us on Google Maps

 The Race and Walk will start outside the Gates of San Blas Therapeutic Community


 Finish Line is INSIDE the San Blas Centre!!!


Schedule:


 7.30am - 10km Race

 7.30am - 5km Race

 8.30am - 2.5km Race (Ages 10 - 13)

 8.30am - 2.5km Walk

 8.40am - 1km Race (Ages 6 - 9)

 Presentation of Trophies and Prizes will follow upon completion of all events.



Race Number, Goodie Bag and Running T-Shirt:

Race Number and Goodie Bag pick up for all events – Pickup from Eurosport B'Kara: **Saturday 21st October 10:00 am to 4:00 pm**

Kindly bring with you, your ID Card and have an available copy of the donation receipt. If you are picking numbers or goodie bags for others kindly bring a copy of their ID Cards.

Competition and Fun:

Trophies will be presented to the **top three finishers in the overall running events for both Children and Adults, as well as the 1st, 2nd, and 3rd place participants in each adult age category with intervals of 5 years between age groups from 40 years of age - up to 70 years plus.**

A Commemorative Medal will be given to all the walk and run event participants. A Technical Quick Dry T-shirt will be given to the runners. T-shirt sizes are not guaranteed.

Every race participant will automatically enter a ballot for the chance to win a state-of-the-art Garmin Index S2 Smart Scale.

Prizes:

For the 5K and 10K winners:



1st place - A 75€ voucher from Eurosport!



2nd place - A 50€ voucher from Eurosport!



3rd place - An 25€ voucher from Eurosport!

For the 2.5K Kids Champions:



1st place - A 50€ voucher from Eurosport!



2nd place - A 30€ voucher from Eurosport!



3rd place - An 20€ voucher from Eurosport!

And for the 1K Kids Champions:



1st place - A 20€ voucher from Eurosport!



2nd place - A 20€ voucher from Eurosport!



3rd place - An 20€ voucher from Eurosport!

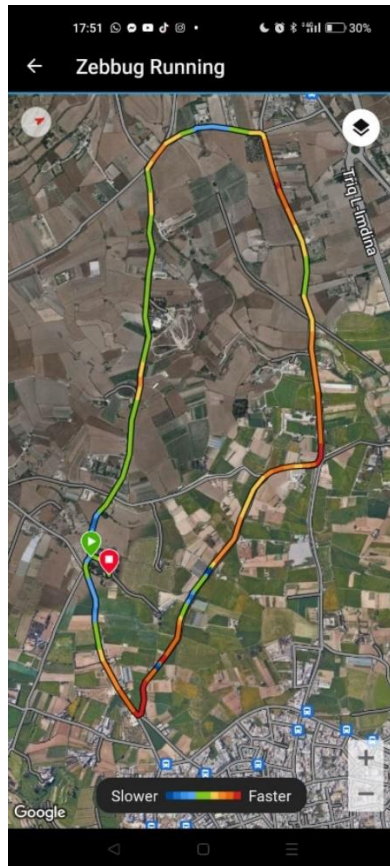
Route

The route begins at the picturesque San Blas Therapeutic Community in Żebbuġ, Malta. You will be running or walking through nature all the way. The route consists of country roads with fields on either side along the way.

For the running lot, it is a fast route with a minimal elevation of 35m.

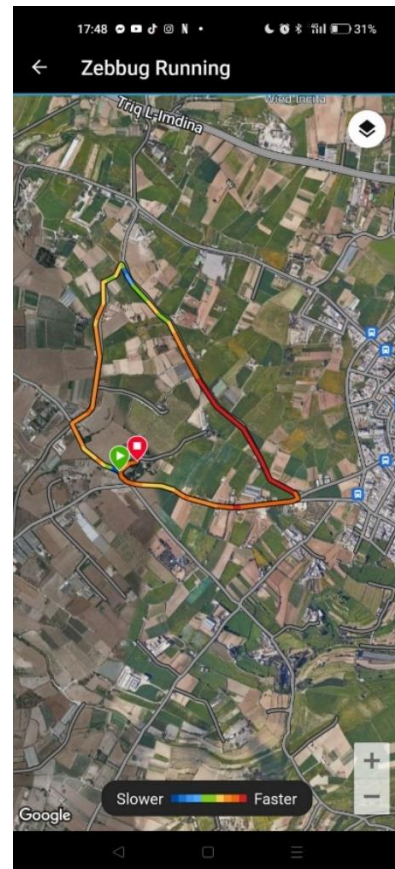
5K Route / 10K Running Route

(Looping the 5K Route X2)



2.5K

Walking Route



Link to Garmin Race Route

5K and 10K

https://connect.garmin.com/modern/activity/11730782834?share_unique_id=18

2.5K

https://connect.garmin.com/modern/activity/11769016375?share_unique_id=21

 Parking:

Parking is not available along the race and walking route. Remember to park outside that perimeter. St. Dorothy's School Carpark in Żebbuġ is also available. Enjoy your warm-up run towards the scenic San Blas.

 **Drop-Bag Facility:**

A drop-bag facility will be available. Participants will remain directly responsible for the contents of their bags.

 **Contact Us:**

Call us on +356 7955 5915 or email us at runforlife@caritasmalta.org should you have any questions.

 **THANKYOU!**

Your participation directly contributes to the Caritas mission of spreading love, hope, and practical assistance to those in need.

This event is sponsored by:

